

ABSTRACT OF THE INVENTION

[0028] Disclosed is a golf practice device which includes a camera and a monitor in a portable case. The case opens to form a practice surface. The monitor, which is protected by a durable plexiglass cover, is located in one half of the case. The user stands on the other half of the case. The monitor is located in a substantially parallel plane with, and slightly below the playing surface. A plurality of tee positions each enable the user to focus on the ball during a normal golf swing while simultaneously enabling the user to view the swing in real time in his or her peripheral vision.